

5 A Day Recipes

Beverages

Fruit Slush

Serves 4

- 3 cups frozen fruit (such as frozen strawberries, blueberries, raspberries, or melon)
- 1 teaspoon vanilla extract
- 1 cups fat free milk or non-fat plain yogurt
- Sweetener as needed: about 1-3 tablespoons sugar or the equivalent in artificial sweetener

Blend first three ingredients until smooth. Sweeten to taste.

This is an official 5 A Day recipe, providing each person served with 1¼ servings of fruit.

Recipe obtained from Quick & Healthy Recipes and Ideas, by Brenda Ponichtera, R.D. (ScaleDown Publishing, 1994).

Nutritional Analysis

Calories: 115

Fat: 0 g

Cholesterol: 2 mg

Fiber: 1 g

Sodium: 80 mg